

### Claims

1. A method for altering insulin secretion comprising, contacting a pancreatic islet cell expressing SGK1 with a substance that modulates SGK1.
2. A method according to claim 1, wherein the expressed SGK1 comprises a selected SNP variant.
3. A method of claim 1-2, wherein the modulator of SGK1 is an inhibitor.
4. A method of claim 1-2, wherein the modulator is an activator of SGK1.
5. A method of claim 1, wherein the inhibition of SGK1 comprises reversal of the depolarizing effect of glucose, activation of voltage gated Ca-channels and insulin release.
6. A method according to claim 5, wherein the polymorph SGK1 SNP variant is diagnosed before inhibition.
7. A method according to claims 1-4, characterized by the up-regulation of insulin secretion
8. The method of claims 1-4 wherein the treated subject suffers from symptoms of diabetes mellitus type-2.
9. A method for reducing glucocorticoid induced diabetes mellitus type-2 in a subject in need of such a treatment by modulating the activity of SGK1 in pancreatic islet cells.
10. The method of claim 1-4, wherein the treated subject has stress induced hyperglycemia.

11. The method of claim 1-4, wherein the treated subject has hypoglycemia .
- 5 12. A method for determining the progression, regression or onset of a disease by measuring the expression of SGK1, comprising taking a sample from the diseased individual.
- 10 13. A method according to claim 12, wherein the SGK1 comprises s a selected SNP variant.
14. A Pharmaceutical composition comprising an SGK1 inhibiting agent together with a pharmaceutically effective carrier, excipient or diluent.
- 15 15. Use of SGK1 inhibitors selected from the listed compounds having the general formula I or II for the manufacture of a medicament for the treatment of disorders caused by impaired insulin secretion.